

QC

READ MY BOOK:

Boiling Point & Cold Cases:
More Saskatchewan
Crime Stories **P. 11**

CITY NEWS:

Rethinking what Regina
does with its trash
P. 14

INVENTORY

Top picks for antique lovers
at Government House
auction **P. 17**



NATURAL RHYTHM

WE FOLLOW THE INNOVATIVE STEPS OF FADADANCE CREATORS
HEATHER CAMERON, FRAN GILBOY AND MISTY WENSEL **P. 6**

FREE

FIGHT INFLUENZA

The Regina Qu'Appelle Health Region recommends seasonal influenza vaccine for everyone.

Those who would benefit most are:

- adults 65 years of age and older
- persons with chronic health conditions and/or chronic disability
- residents of a nursing home or other care facility
- pregnant women in all trimesters
- and household contacts
- children up to 6 months to 54 months of age (ages 5 years)
- contacts of persons listed in above high-risk groups
- contacts of infants less than 6 months of age
- all health-care workers, health workers, students and health-care volunteers
- persons who work with poultry or pigs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 21 Regina Senior Outreach Centre 2704 Weyburn St. 9 am - 4 pm Deepse School 145 Dandridge St. 9:30 - 10:30 pm	October 22 Municipality Hall 411 Albert St. E. 9 am - 4 pm Albert Scott Community Centre 121 - 1st St. S. 1 - 7 pm Deepse School 145 Dandridge St. 9:30 - 10:30 am	October 23 Wellis Mills Centre Shopping Centre 2225 Weyburn Ave. E. 9 am - 7 pm	October 24 Golden Mile Centre 3628 Albert St. 9 am - 7 pm	October 25 Cornwall Centre (East/Elk Green) 2752 - 11th Ave. 9 am - 4 pm Deepse School 145 Dandridge St. 9 - 7 pm
October 28 Lake Lang Learning Centre (Gallery Building) 2155 College Ave. College Ave. at Cornwall St. 9 am - 4 pm Deepse School 145 Dandridge St. 4 - 7 pm	October 29 Cathedral Neighbourhood Centre 2008 - 13th Ave. 9 - 11:30 am Lakewood Manor 1123 Deschamps Dr. M. 1:30 - 4 pm Albert Scott Community Centre 1204 Albert St. 1 - 7 pm Deepse School 145 Dandridge St. 4 - 7 pm	October 30 Victoria Square Shopping Centre 2223 Victoria Ave. E. 9 am - 7 pm	October 31 Golden Mile Centre 3628 Albert St. 9 am - 7 pm	November 1 Regina Senior Outreach Centre - Elphinstone 2424 Elphinstone St. 9 - 11:30 am Belle Gardens Community Centre 1156 Macdonald Ave. 9:30 - 4 pm Deepse School 145 Dandridge St. 4 - 7 pm
November 4 North West Leisure Centre 1127 W. Arden St. 9 - 11:30 am North West YMCA 5558 Rochdale Blvd. 1:30 - 4 pm Deepse School 145 Dandridge St. 4 - 7 pm	November 5 Northgate Mall 438 Albert St. W. 9 am - 4 pm Deepse School 145 Dandridge St. 4 - 7 pm	November 6 Queen Victoria Estate 2525 Hamilton Road 9 - 11:30 am Core Ritchie Neighbourhood Centre 440 - 5th Ave. Noon - 2:30 pm Deepse School 145 Dandridge St. 4 - 7 pm	November 7 Golden Mile Centre 3628 Albert St. 9 am - 7 pm	November 8 Wexingham Estates 4950 Peacock St. 9 - 11:30 am Stone Manor 3333 Park St. (South of Assiniboine Ave. E.) 9:30 - 4 pm Deepse School 145 Dandridge St. 4 - 7 pm

DROP-IN CLINICS

November
 Mondays, November 15, 22
 Thursdays, November 14, 21, 28
 Noon - 7 pm

Deepse School
 145 Dandridge St.

December
 Mondays, December 2, 9, 16
 Thursdays, December 5, 12, 19
 Noon - 7 pm

RURAL CLINICS

SALMON
 Drop-in
 Regina Elementary
 School
 Monday, October 20
 4 - 7 pm

QU'APP
 Drop-in
 Qu'App Health Centre
 Thursday, October 23
 10 am - Noon

HOLDSFET
 By Appointment
 Drop-in
 Santa's Health Centre
 Wednesday, October 22
 10 am - 1 pm

SETHAM
 Drop-in
 30 Plus Seniors Club
 Tuesday, October 28
 10 am - 12:30 pm

IMPERIAL
 Drop-in
 Long Lake Valley Integrated Facility
 Wednesday, October 22
 10 - 11:15 am
 1 - 2:45 pm

LAKESIDE
 Drop-in
 Lakeside Sports Centre
 Wednesday, October 22
 1 - 4 pm & 7 pm

MALESTONE
 By Appointment
 Cheryl D'Arcy
 864-486-2655
 The Grange in Centre
 Thursday, November 7
 10 - 11:45 am & 1 - 2:45 pm

FENCE
 By Appointment
 Penny Tiers Hall
 Monday, October 21
 9:30 - 10:45 am

PILOT BUTTE
 By Appointment
 Heidi 386-781-4128
 Golden Harvest Shop
 Monday, October 21
 9:30 - 11:30 am

REGINA BEACH
 Drop-in
 Memorial Hall
 Tuesday, October 22
 11 - 11:45 am & 1 - 2 pm

SEELY
 By Appointment
 386-445-2023
 Seely New Habitat
 Centre
 Friday, October 25
 9 am - Noon &
 1 to 2:30 pm

SOUTH
 Drop-in
 Senior Citizens Club
 Monday, November 4
 9:30 am - Noon

WEAVER
 Drop-in
 For More Information:
 Contact Laurence
 386-782-2628
 Seniors Drop-in Centre
 Thursday, October 23
 10 am - Noon

WHITE CITY
 Drop-in
 White City School
 Tuesday, November 5
 9 - 11 pm

INDEX

ON THE COVER P. 6



RadiDance: Janelle Fan Gilroy, Misty Worsland and Heather Cameron perform at Maple Leaf Park. **QC PHOTO BY MICHAEL BELL**

TABLE OF CONTENTS

IN THE CITY — 4

Photographer Don Hilkey's shot of the week

COVER — 6

From lead-in to performing, RadiDance performers are always inspired

READ MY BOOK — 11

Ran Pichols's *Selling Point* & Gold Cases: More Saskatchewan Crime Stories

FASHION — 12

Accessories and a few key items make the most

PARENT TO PARENT — 13

Potty training advice from the trenches

CITY NEWS — 14

Technique what Regina does with its trash

MUSIC — 16

Songstress Sherrill Adams puts the love back into country

INVENTORY — 17

Top picks for antique lovers at Government House auction

EVENTS — 18

SPACES — 20

Sask. ad agency Tap Communications incorporates creativity into office design

CROSSWORDS/SUDOKU — 21

ASK ELLE — 22

OUTSIDE THE LINES — 23

Artist Stephanie McKays weekly colouring creation

ON THE SCENE — 24

At Dine: Night Out

SHARP EATS — 26

Private cheaterate basking parties in Regina? Yes, please

WINE WORLD — 27

At \$35, Perbuna's fine wine worthy of your dinner table

MY FAVOURITE PLACE P. 5



Phyllis Munro carries Abby Munro, left, on her shoulders while Cheryl Munro carries granddaughters Abby, right, through a corn-maze at Pumpkin Hollow near Lundan. **QC PHOTO BY MICHAEL BELL**

QC COVER PHOTO BY MICHAEL BELL

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IN THE CITY

OCTOBER 10, 2013 — 1:29 P.M.

On the move



Sharon Gertz, Storo-Rogers duels, takes advantage of the pleasant fall weather to take a run at Douglas Park. gc PHOTO BY BOB BELL

IN THE CITY

Tell us about your favourite place in Regina.
Email QC@leaderpost.com.

MY FAVOURITE PLACE

Pumpkin Hollow great for fall family fun

By Ashley Martin

The Morse family stumbled upon their favourite fall family tradition while out for a drive one day about seven years ago.

Now with two grandchildren (Mia, 3 1/2, and Alexa, 18 months) in tow Cheryl Morse, her husband Donnie and their two grown children continue to visit Pumpkin Hollow, just northwest of Regina, for many reasons.

"The corn maze is a big draw as is the plethora of other activities. The fall scenery is a bonus, but the best reason for the handful of visits every fall is the fun they have as a family."

Q: Describe Pumpkin Hollow for us.

A: "The corn maze is the major part of it but there's a whole lot of ground state with all kinds of Halloween things and they've got tons of pumpkins in there."

"They've got all kinds of activities for kids of all ages. I think (Mia's) favourite is the bounce pillow, it's a great big huge pumping thing. The one that she likes, and (Alexa) loves to play in the corn box, which is like a sandbox only it's filled with corn and you can't take it out. And they have animals, and a shake house. You can take shells and walk all over the walls. That's a fun thing. And every year it's exciting to go out there because they add something new every year."

Q: Like what?

A: "This year they have a terrace. Their general store (moved) into an actual drive-in — it's a very, very nice set there."



Mrs. Georges (Donnie) Morse, Donnie Morse, Cheryl Morse and Alexa Morse (from left) take a top ride at Pumpkin Hollow near Lundan, Sask. — by photo by Michelle Sells.

"They added a lot of entertainment this year. They have a pumpkin pigment and a run where they raise funds for I think the Dallas Valley camp. Another in the year they had a Wizard of Oz Dorothy costume contest and (Mia) is just crazy about Dorothy. We went out there and everyone ends up getting something."

Q: It sounds like a great place

for families.

A: "It's a perfect family thing because people of all ages can enjoy it. Like the corn maze is a great one even the bounce pillow, you'll see people of all ages on it and grandma's gone out there a couple times. I think that's why we really like to go out there is there's fun in it on families."

(The women, Matt and Kari Hartwig would greet us all the

time at the door and he drives the tractor around and gives a wagon ride down the trail and around just the corn maze. Their kids all work at different stations in the park and — it's a nice family run business and I think that's why it's so appealing to families because — they know what it's like to have a family out there and the fun that it can be."

It just is a very great place to

be in the fall, and it's beautiful. The setting is absolutely beautiful."

Since the grandchildren were born we've been getting out on grass and — we can go out earlier in the day so when ever and spend as much time out there as we want. Actually (one) Sunday we drove out just to have a piece of pumpkin pie and ended up having a little bounce on the bounce

pillow and spending some time out there anyhow."

Q: What's your favourite part of Pumpkin Hollow?

A: "I just love enjoying watching my grandchildren have so much fun there. Just having them around and seeing the joy and excitement on their faces is lots of fun."

Note: Pumpkin Hollow closes for the season on Oct. 30.

ON THE COVER

I don't feel like we're ever limited by. 'Oh, that's not contemporary dance.'

—Heather Cameron

#FADAODANCE

Dance is true love for this trio



The three founders of Pigma contemporary dance studio FadaDance. — Heather Cameron, Fran Gibby and Misty Weasel — are neighbours and longtime friends. (C) PHOTO BY MICHAEL WELLS

By Ashley Martin

3006 block Toronto Street 2 p.m. on a sunny Tuesday Fran Gibby and Misty Weasel are lounging on the couch in Heather Cameron's colourful living room. Their host is seated on the hardwood floor, interlocking her blood-soaked

Oliver between legs of tea. He occasionally turns his attention to a Muppets movie, an silent in the background.

Cameron jokes that she's doing research for the annual FadaDance Christmas party — Muppets might be the theme this year.

The three longtime friends grin or often in each other's homes —

they're neighbours, so it's easy. They all live within a block of one another. Gibby runs a barber shop just around the corner. The FadaDance studio, where they teach dance every dance to more than 300 students aged three to 80 or older, is a mere four blocks away, on the other side of Victoria Avenue.

When they're not teaching, the

three women are creating dance performances as the FadaDance trio.

Cameron Arts Centre stage 9 p.m. on a rainy Wednesday. A large crowd's down tempo melody is blasted on the sound system, providing a melancholy soundtrack to layers of images that filter across a screen

like a kaleidoscope. Animated trees and forest patterns superimpose a sky, scattered birds fly through the clouds and arms holding wheat sheaves wave along the bottom of the screen. The scene give way to bodies. Three forms rise, grow tall on their knees. An animated figure leans its strings to a game of Cat's Cradle.

I think that what their teachers do is they actually pull creativity out of kids. — Marian Donnelly



Field Dance performs in the lobby prior to the Lieutenant Governor's Arts Awards at the Concord Arts Centre on Sept. 26. Go go girls by Mary Dunge

For 18 musicians this year-winning performance/participation project, art to learning music, experience the audience at the Lieutenant Governor's Arts Awards (LGAAs) on Sept. 30.

Lee Veldhuis is the latest Padellaro project and a new venture for the trio — collaborating with shadow puppeteer Tamara Glavin, being schooled in dance and not about three-dimensional performers. It's a stark contrast to another recent performance: dancing at last summer's Regina Folk Festival (RFF) in marching band regalia.

But after dancing as a troupe for the better part of a decade they still welcome one-pair acts.

"It's a whole other art form, marking with puppets and shadow," said Gaudreau. "It's a challenge. I was like, 'This is gonna be a piece of cake,' but it's just such a different approach."

■ ■ ■

Dance brought these friends together long before they founded a school in 2004 as a troupe in 2006.

Continued on Page B

Manage Stress Naturally

Improve Energy,
Sleep Better,
Reduce Cravings

By Karen Jensen, ND



Our ability to adapt to stress depends upon optimal function of the adrenal glands. When excess or chronic stress overloads our adrenal glands — symptoms and disease can occur. Some of the common earlier symptoms of adrenal stress include: fatigue, insomnia, anxiety, depression, low back pain, asthma, allergies, blood sugar problems, hormonal imbalances, irritability, headaches, sugar cravings, gastrointestinal symptoms and inflammatory conditions.

The 'roots' of the original AdrenaSense Formula

Throughout my life I had good health and boundless energy and then suddenly in my early 30s I hit the wall with fatigue. I had three children under the age of 3, my marriage broke up, and I went back to work thinking I could 'do it all'. My body did not agree — nothing helped the crippling fatigue until I saw a naturopathic doctor who introduced me to my adrenal glands. Forty years later I still take adrenal support during times of added stress. When I started naturopathic practice in the 1980s it was my own experience with adrenal fatigue that allowed me to recognize it in my patients and over the years I saw the need for an effective adrenal supplement to help people with the stresses and demands of daily living.

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Fada has been really good at partnering with the community and finding ways to connect. They haven't lived in isolation. — Sandra Butel

They met in clubs as teenagers. At places like Dab's, Gibby's, Sandi Paul and the Lazy Day, and with The Beat Society and Gussert Music Festival, they'd meet, perform and throw parties.

"We were young and dancing. That was a huge impetus for what we do," said Wesel.

With each of their different backgrounds — Highland dance (Wesel), ballet (Gibby) and classical Indian dance (Wesel) — you were taken on a dance journey through the night," said Wesel.

But dancing for fun wasn't enough. They missed learning. They agreed: "We need a contemporary dance class for women our age," said Gibby.

Wesel, who'd earned an arts education degree in dance at the University of Regina, started teaching one.

Then while teaching arts education at Dr. Morton Laubacher High School, Wesel started the Padua, an initiative as an "experiment" teaching creative dance to children of friends and acquaintances, with no classical form involved. She named the studio after the Portuguese word for "vision," which she learned during a performance in Brazil.

Since 2000, Padua Dance has grown by word of mouth to offer an adult troupe group (the Youth Company) and its classes — creative dance for the youngest students, with a gradual introduction to contemporary dance and technique for older students.

Counter to her original intent, the studio has become a full-time job for Wesel, Gibby and Cameron, with administration, grant writing and other chores on top of teaching.

It has been a real team effort, each that when Wesel accepted her LGAA, for Arts and Learning, she said, "I feel like I'm enjoying this award as much as all of us."

There are now eight teachers at the studio, and creativity remains the focus.

"We're interested in creating real, by-god-dance. Artistic rather than gymnastics or a rigid form," said Wesel. The studio's artistic of rock.

"Think that what these teachers do is they actually put themselves out of kids," said Marlene Beaulieu, who



Teacher Heather Cameron (right) leads a movement exercise while dance assistant Ryan Brown (far left) helps out. Ryan Conway at PaduaDance's studio. The top-left part of PaduaDance's young boys' dance class called the Wild Things up in the room at WEAA, Miss.

nominated Wesel for the LGAA of 16 years mentoring her in administration the Padua dance studio.

"They encourage the kids to participate in the choreography and to participate in actually creating what they're doing. And so you see the difference to go from a kid feeling like they're not doing it right, to a kid who feels like what they're doing is wonderful."

That's why Emily Bartlett loves

the studio. The 14-year-old is in her 16th year dancing there.

"I really enjoy dancing at Padua, not because there aren't competitions and they really encourage growing as a dancer and getting to choreograph your own stuff and really being who you are and taking that into the dance," said Bartlett, who takes two classes, as well as dancing with the Youth Company and helping teach two of the children's classes.

"It's just a really cool place and it makes you feel really welcome."

At 200 arena students — including Gibby's 12-year-old son Mason and Wesel's six-year-old son Lewis, the school is as big as they want it to be.

"Bigger isn't always better," said Cameron.

At its current size, they can work on having the studio while having time for their other lives — perform- ing.

The PaduaDance troupe formed a hit by accident.

The two got together for the 2000 RTE dance contest between the two troupes.

From that point, they kept performing.

"In the early years it was very much a guerrilla dance troupe. We were completely supported by the community," said Gibby.

There sometimes can be this onslaught of rules almost around (modern dance) and we're not really interested (in that).
That's not what we're doing — Misty Wensei



A class of PodaDance performers dances through the Cowan Arts Centre lobby prior to the Lieutenant-Governor's Arts Awards gala held in their debut.

And over the years, they've evolved their own community, said Donnelly, of "probably at least 1,000 people in the city. That's significant."

"Poda has been really good at putting things with the community and finding ways to connect," added Sandra Barak, RBC artistic director. "They haven't lived in isolation."

The PodaDance troupe continues with its early friendship begun — hosting parties (their annual Christmas party at the Exchange is a favourite) having fun, said being creative and open, to possibilities

it's not a very common approach in the dance realm.

In the art world it seems like people just spend some time discovering what their niche is and then they stick to that," said Cameron.

But not PodaDance.

"I don't feel like we're ever limited by 'NO, that's not contemporary dance. I don't think we can do that,'" said Cameron.

"There sometimes can be this onslaught of rules almost around (modern dance) and we're not really interested (in that). That's not what

we're doing," added Wensei.

Their projects range from outdoor performances, Unseen: The puppeteer and the Pole of Shores (Brent Hunt) to name trials, to five-minute troupes between festival acts to children's performances, to weddings, to street fairs.

It's common sense to be as versatile, said Cameron, "and it's exciting because you never quite know what you're going to be doing."

Barak admires their approach, it's rare artists also large during PodaDance for the RBC, as children's per-

formers and MCs.

"The colour and creativity they bring to a role that most artists' best is being — most artists don't want to MC. On MCing nights," said Poda has found a way to be very creative with it and make it their own," she said.

Making art one's own is what is a given in this place.

"What happens in Saskatchewan a lot is when something doesn't exist, people just make it up," said Barak. "In the fact that we're small and we're very unconcerned with what's

popular and what's fashionable, is a way we just go. This sounds cool, why don't we do that? And Poda has been one of those groups that is just like, 'Why can't we do that?' so they just do it."

Like why not work with a DJ to embed into all their performance soundscapes? Granted, it's pretty consistent — the DJ is Grant Poda, Wensei's husband. The "music scientist" (as called by Cameron) runs Soundbound Station, which is located behind PodaDance's studio.

Continued on Page 10

In the early years it was very much a guerrilla dance troupe. We were completely supported by the community
— Gilboy



Flan Gilboy, Heather Cameron and Misty Weston — with several of their troupe-mates — in the alleyway that backs each woman's home. GP PHOTO BY MICHAEL BELL.

"It's creating soundscapes for them that make every one of their performances 'super sublime,'" said Burt.

"The music's really important," said Weston.

In the more traditional performance arena, their full-length shows often begin with a concept. That dance isn't theatre, so conveying themes can be tricky.

They work on incorporating a

large sacrifice in their shows and trust that "something that seems to start off as so many different things (can) become one linear piece," said Cameron.

And if the audience experiences a different story than Pacific Dance inaugurated, that's just fine.

After their 2009 show *A Spoon We Are Not*, spectators' interpretations were varied. From three French women trying to get the most link in three people fighting over a horse to the struggle of life and death.

"Wherever anybody would say that we'd say 'Yeah, because there's no end ownership of the story once it's out there, and it's really to allow other people's imaginations to take them where it does. And it's kind of a relief,'" said Gilboy. "There's so much freedom in that, so much joy that we just have dancing it and the joy of other people interpreting it."

Horse has been a recurring theme of late. Living so closely together definitely cultivates the emotion pro-

cess," said Weston.

For WELLED, this year's collaboration with choreographer Julianne Boudon, their proximity informed the show.

We chose this alleyway and this sort of coming and going from our place where we create and work and we often make them together, come back together. There's just a natural sort of rhythm of connecting that happens because we actually live near each other and share an alley way and a shared a courtyard," said

Weston.

Because we're so close, we'll gather together for a morning or for an evening here," added Gilboy. "When we're gathering at each other's places there's certainly those moments of inspiration for dance because it's one of the things we talk about and bring us close together provides us more time to be together, which gives us more time to talk about it for those dances to come."

amw@livelyart.com

FASHION

SASKATCHEWAN FASHION

Vincent King: Family-inspired accessories

By Angelina Irlinac

Vincent King is used to dressings. Whether it's a suit and tie at work, slim-fit jeans and a blazer in the evening or a relaxed weekend look, the 26-year-old property manager enjoys creating outfits.

"It's not just to look good," he says. "I wear it all at times. It's like a hobby. He says, 'I like to put different clothes together to make them work. It resembles who you are.'"

He says the look he wore for the QC shoot is perfect for a Saturday afternoon on a patio with a cappuccino after enjoying a nice lunch.

King's affinity for fashion began in his teen years, while growing up in Toronto. He started realizing the importance of reflecting his personal style through his clothing.

"In high school I noticed regardless of style, that fashion was important to everyone."

Since King just moved to Saskatoon a couple of months ago, he's done most of his shopping in Toronto. While he's enjoying the familiarity that Saskatoon has to offer, he admits he does miss the variety of style he sees and stores he shops at in Toronto. He says it's important for men to have a few good pairs of shoes: a couple classic, pocket and quality jewelry. It's easy to rotate pants and shirts among these staples.

Jewelry has always been a big part of King's life, particularly yellow gold. His entire family wears gold, and his father buys each child necklaces and wears a gold chain as a keepsake to celebrate important milestones like births, graduations and weddings.

"Ever since I was 13, for some reason, I liked gold. I'd wear a chain, watch and bracelet — quite family too much jewelry when I was 13," he laughs. "Yellow gold makes me feel at home. It reminds me of my dad, my grandparents and my family and upbringing."

King always has on a watch, chain and pendant, and his unique Babson compass. The face of the ring is a clone of Vittorio Emanuele II, a 19th-century king who was the first ruler of a unified Italy. King wanted a timeless ring; he could have forever and searched for months before finally finding this one.

"My dad likes to say, 'I've always had our rings.'"

Another staple for King is his ink, as something he's been sporting since he was 13. King is proud of his ink, which he has and has fond memories of his grandfather. He would always sit on his knees and pretend to be him and make funny noises when he'd kiss his sons.

"My grandfather used to wear one, so I put an ink that I got a long time ago to copy him. I've always had an ink that since then."

His advice to other men is to not try too hard and wear what you feel good in, whether it's trendy or not. He also says it's worth spending a bit of extra money on a few key pieces.

Do you have fashion advice to share with our readers?
Email us at QC@leaderpost.com



Outfit:

- 1. HISH CAP:** Mark's Work Warehouse "I got this one around four years ago. It was around \$50 but it's really good quality."
- 2. SCARF: H & M** "It's a nice spring summer or early fall scarf. It's nice and light. The colours match a lot of outfits."
- 3. CARDIGAN:** French Connection
- 4. JACKET: H & M** "It's a nice spring jacket and you can dress it up with a nice scarf."
- 5. WATCH:** Rotary from Le Swiss
- 6. ITALIAN COIN PENDANT:** Vintage "I wore this one for a while. It's an Italian coin ring of Vittorio Emanuele II from 1861. I got the story about him. It's a pretty cool ring."
- 7. SUSPENDED PANTS:** Zara "I'm old school. I've had school uniforms and I had that they have suspenders on them."
- 8. BOOTS:** Aldo "I was looking for brown high-top boots — something a bit different."

Vincent King believes a man's style should reflect his personality. QC PHOTO BY MICHELLE BISS

NEXT WEEK: What was the most memorable part of your labour/birthing experience? Email QC@leaderpost.com

® PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

What tips or advice can you offer other parents on potty training?
Did you try the three-day method?

"My son was a handful with potty training. I found that changing him to the potty every hour whether he needed to go or not was the trick. Eventually he had to go as he did and when he did he got a small treat. Good luck!" —Sherry Blackett

"What worked for me was taking afternoon naps. When these are over, sleep is up and going to the potty at all I went through every option before discovering this and it finally seemed to click for my daughter." —Kathy Davies Harris

"We made it a party time with music. We put food colouring in the toilet and Charmin and if we went we partied with chords and music and songs or stickers after he went." —Aimee Edwards

"All of mine were stubborn bunnies. My best I took Kelly's advice: ignore the accidents and praise the successful ones! She potty trained in two days!" —Alyson Bates

"I did the three-day method with my oldest daughter. It took four days for her but it does work!" —Aimee Harder

"We did the three-day method and it worked awesome! There was lots of accidents for the first day and a half but very less after that and almost none by the third day. Plus we lived in the kitchen so I only had to clean up on the toilet!" —Katelyn Denton

"We used the three-day method and it did not work for my son (two years, four months at the time). We were consistent and patient and positive and it STILL didn't work. Went at it and it made much later (and many months later) it just clicked!" —Shawna Stanczak-Hahn

"We did the three-day method and even though it took longer than three days, I started with the principles: no Potty Ups at night, no potty anywhere but in the bathroom and no leaving pants! Just go in and out and ditch the diapers. We are so potty-free!" —Christiane Danielle

"The three-day method does work well to it. I tried that when he was two and a half. I did he was already potty trained. It is hard at first but when he gets it



"I was a very proud and happy mommy. Good luck, keep at it." —Jasmine Brown

"The best thing I did was quit trying! It was a nightmare so I stopped. It wasn't worth the fighting and stress. When he was ready it took two days and I never had a problem since. And night coming too, also easy!" —Andrea Miles

"I owned my oldest son back in the days when Barney was the big thing and my son loved him so Barney (my mom) would call him on the phone in her Barney voice. When he made outside the potty my son would get so excited! He was always trying to put there too so Barney would be happy!" —Jacy-Wynne Benson



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CITY NEWS

RECYCLING

How seriously is Regina talking trash?

By Andrew Matto

They arrived in the hundreds with jugs of stale gasoline, expired fertilizers and mysterious toxic paste.

But there were smiles all around as city workers collected household waste from residents pleased to finally have somewhere to take material unsuitable for the regular garbage.

"I had this thing sitting in my garage ever since I bought my house," said Sean Murray of Allent Park gesturing to a blackened bucket in the back of his pickup. "I don't know what it is — a weird goo of some kind."

City leaders admit that demand surpassed expectations for the Oct. 9 City of Regina Hazardous Waste Day, the only free option for Regina residents and the first in more than three years. Regina was on hand to accept paint and appliances, Stuk-Song Tires collected used tires, the Generosity Living Association to accept old clothes and Riversearch was contracted to handle the dangerous stuff.

Nearly 300 residents lined up at the city's public works yard on 4th Avenue, which essentially guarantees another event planned for the spring will go ahead.

The city's long-overlooked Regina Mayor Michael Boughner, who pre-empted use of tires and old paint, and was among 600 materials to attend. "There was something that we knew that residents had been asking for — we will definitely have our next year."

The event came as the result of Waste Plan Regina, a city initiative to encourage recycling and reduce the amount of garbage sent to the dump by 30 per cent by 2014 and 40 per cent by 2020. The project is responsible for this summer's implementation of the blue-bin curbside recycling program. The project also hopes to give residents one option to dispose of yard waste, dangerous goods and bulky items like furniture



Joe Chabot (far left) unloads buckets of used motor oil from vehicle during the city's hazardous waste collection day on Oct. 9. (CITY OF REGINA/MIKE BELL)

and appliances by 2006.

While officials say they're pleased with the city's successes they point to Regina lags behind most Canadian cities in its rate in recycling related activities.

"Maybe we're late kicking some things like recycling because it was a two people's idea in the past," said Boughner, adding that curbside recycling and the dangerous waste day event is evidence that environmental concerns are a higher priority for the city.

"We know that we were the last ones in Canada to have a blue bin program and want to change that. We want to be leaders in other recycling initiatives."

Jeanette Polak, executive director of the Saskatchewan Waste Reduction Council, believes the province's municipalities are among the last

to launch residential recycling programs because other cities don't see the abundance of unwanted land. Also, shipping material long distances isn't cheap.

"We are behind on some things — I think that on issues such as recycling, it's because we haven't had to think about it until recently. It's also more expensive to launch recycling programs here than it is in other places," said Polak.

But she leads Regina to its plans for collecting dangerous goods.

"There are companies that will take this material, but it is very expensive. If you have some stale gasoline or something, you'll have to pay \$10 or \$15 to get rid of it. But if the city does it, it's not that expensive."

Among those critical of the city is Heibel for Thematics, which was troubled by the city 10 years ago when

it failed to accept recyclable items at the city dump.

CEO Dennis Courts said too much of what is discarded by residents and commercial users of the Regina landfill could be reused. He argues residents should have an easy way to separate their trash from what others see as hazardous.

"Every time we go to the dump, we experience the same thing. We say 'body fluids,' there are a lot of things that are going into the dump that could be sold at the Refinery," said Courts, referring to his agency's Bender Street metal water that profits in the thousands from selling discarded material.

"If we are serious about reducing the amount of stuff that goes into the landfill, I think the Refinery needs to be one that we could look at."

Courts is hopeful that increased

concern for the environment among the public will encourage Regina to catch up with other cities that have substantial recycling programs in place.

"Appliances alone represent a significant amount of sales for us at the Refinery. Even the appliances that we can't get working again, we tear them apart, sell the components strip out the copper and make money off the scrap metal," Courts said.

"There is so much that could be done. And there is a business case to be made. And if there is a willing team to start with a pilot program of some kind, we'd be very interested in being at that table."

Dwight Moore, a former manager at the City of Regina's waste management department, believes the city could be doing more to keep reusable items out of the dump.

As for allowing people to go to the dump and go shopping, it becomes about issues like safety and liability. — Lisa Legault

"There is no reason why this sort of thing can't be avoided," Messer said, adding the key to recycling programs is public education. "What you might need to do is interrupt the chain before the person goes to the dump. Once an item gets to the dump, there's little liability at a hospital, the point where it can be ailed."

Boeger said Habitat For Humanity's idea could be considered again, but there has been little public demand for such a program.

Offices at Sarcee, the province-wide agency whose depots accept single use containers like beer cans and pop bottles for deposit return, are always looking at ways of helping divert items headed to garbage dumps that could be reused.

"Actually, that's a pretty good idea," said Sarcee spokeswoman Sydney Smith of the Board's idea to set up a collection depot at the dump.

Luke Sarcee's addition of discarded paint, batteries and child car seats to the list of items it accepts from the public, Smith said Sarcee is open to ideas.

"We're looking to do everything we can to im-

prove our services and add to our products."

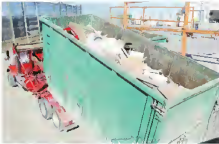
Lisa Legault, the acting director of the city's open space and environmental services department, said four city staff members were recently reassigned to waste-diversion duties that include reducing what winds up in garbage.

While she doesn't discount Habitat For Humanity's proposal, the issue of sorting material at the Regina landfill isn't working as easy as it sounds.

"As for allowing people to go to the dump and go shopping, it becomes about issues like safety and liability," said Legault.

However, the city has started programs in cities like San Diego where vehicles that arrive at the dump are unloaded by staff who separate the trash and collect items for reuse or recycling. Recently two Regina city staff attended an environmental conference in B.C. and toured a similar operation in Nanaimo.

"What San Diego is doing has merit... Maybe that's one of the benefits of being behind a scene of these things. We get to see what has worked and what hasn't in other cities."



The City of Regina hopes to reduce the amount of garbage that gets sent to the dump by 60 per cent by 2014 and 60 per cent by 2020, up from 40 per cent.

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MUSIC

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SHANTEL ADAMS

Award-winning country singer getting radio airtime

By Angelina Irlino

Shantel Adams is putting the live back into country music. The 34-year-old singer and songwriter focuses on integrating positive, real-life messages into her music. She says one of the biggest reasons she became a songwriter is to promote family values and real situations rather than some of the "loud messages getting spread through music today." She incorporates Christian lyrics into her music, but does so with out "beating it over your head," she says.

Adams was born and raised in Saskatoon and started writing music in high school. It all started after she convinced her mum to allow her to take guitar instead of physics as a high school elective.

"Ever since then I just loved music and started writing lyrics in English class and I listened to a lot of music as a child," says Adams. "I got into country when I was around 18 and listened to a lot of pop before that. So now I sort of have an infusion of a lot of different styles of music."

Her biggest inspiration is Thelma Clark, who Adams says was a "key factor" in inspiring her move to Nashville.

"She was just like me and I think just as green as me," says Adams of Clark's move from Medicine Hat, Alta. to Nashville. "Then after good music."

Adams followed suit, and at 18, she moved to the heart of country music. She spent the first few years going back and forth between Saskatoon and Nashville before settling there permanently in 2006.

"It was very easy at first but even today you start to get to know music people and they're everywhere so it's pretty easy to find them. There's a place, if you throw a stick you'll get a songwriter in Nashville."

Adams still visits home often and a lot of her inspiration comes from Saskatoon. Her first single, Christmas the Canadian Way, is about

spending Christmas at home with Tim Berners, hockey and jazz from Her July visit to Saskatoon inspired her to write a song after a day of golf with her parents.

Her most single, Modern Woman (Lookin' for an Old Fashioned Love), is complete with a music video and is part of her first full-length album, My Crystal Ball's Broken, which was released in late 2010. The song was just added to the CJFW playlist and is being played on at least two radio stations in each province. Adams, who always listened to the radio while driving home, says that hearing her music on the radio gives her a feeling of validation.

"To think that my song is now in the mix, it's pretty cool. I was really happy to hear it."

She's had quite a lot of success, especially as a songwriter. She's a three-time winner of the Tennessee Songwriter Association International's song writer of the year award. In 2006, she won the association's most promising female songwriter of the year and in 2010 she won the Gold Nipper song of the year for the song In My Little. A Gold Nipper is given to the songwriter whose song got picked up the most that year. It was recorded by three different artists including the Grammy-nominated group The Scorpions Song.

"It's a big honour because it makes me feel good knowing people like my song," she says.

Her biggest goal is to write either Blake Shelton or Thelma Clark's next single.

When Adams first moved to Nashville she focused on both singing and songwriting, and although today her energy is put toward writing, she still enjoys to stage.

Even if I never get a major label deal I would still like to do whatever I can to put out my own songs and sing my own songs. I may never end up playing for 20,000 people in an arena, and that's OK. That's not my thing anyway. I like to connect with people more directly in smaller venues."



Songwriter Shantel Adams promotes family values through her music. Submitted photo

INVENTORY

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BLACK TIE ANTIQUE AND COLLECTIBLES AUCTION

If you love antiques, there are two reasons you'll want to attend this auction: (1) They're auctioning off antiques! If you make the winning bid you could take one home. And (2) All the money raised helps personal and family development. House, which is basically an antique itself — it's the 124-year-old former home of Saskatchewan's lieutenant-governors. Through live and silent auctions, you could win more than 80 items while it's still here and munching on hors d'oeuvres.

The third annual Black Tie Antique and Collectibles Auction is hosted by the Government House Historic and Development Unit, 17-19-301 suite at Government House, 4407 Denison Ave. Tickets are \$75, only 120 are available. Call Les Sirois at 346-1666-7660.

Here are a few items that will be available for bidding:

1. **LADY WITH LIPS** Lady with hooded Capodimonte porcelain figure.

2. **DRINK UP!** Porcelain silver metal punch bowl set (import pieces) from Spain.

3. **EQUESTRIAN EFFORT** Porcelain figure of horse on wooden stand from Germany.

4. **FLORAL FLOWER POT** Large cloisonné vase on wooden base (line of a pot).

5. **PORCELAIN PEOPLE** Pair of Capodimonte porcelain figures.

6. **WINTER'S TRUST** Antique brass sword with sterling top.

QC PHOTOS BY
BRYAN SCHLOSSER



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EVENTS

MUSIC

Wednesday, Oct. 18

Wednesday Night Folk: The Bucklehead Association
Bucklehead
2206 Dewdney Ave.

Joe and Jodi Ford
A Tune In Art: Sculpture and Sens. 8 p.m., Sisto Gallery,
2018 Halifax St.

Joan Night
Every Wednesday
McNally's, 2226 Dewdney Ave.

David Hancay
The Exchange, 2631 18th Ave.

The Fast Femantics
The German Club
1127 St. John St.

Daniel Demers and the Tribesmen, Grey Kinzdom
The Club at The Exchange
2631 18th Ave.

W8
The Artful Dodger
6031 18th Ave.

Thursday, Oct. 17

The Sadies
The Exchange, 2631 18th Ave.

High Ridge Road
The Pump, 641 Victoria Ave. E.

Brass Medison
The Lanesite, 4529 Gordon Rd.

Olso Down/Cancer Pundisher
McNally's, 2226 Dewdney Ave.

Vinca Andrichio
The Artful Dodger
6031 18th Ave.

Friday, Oct. 18

Black Magic/Bey Zooty
8 p.m., La Bistre Carrefour des Plaines, 3850 Hillside St.

Sam Burns Band



Daniel Demers starts to Regina on Wednesday. JULETTE HODGINS

McNally's, 2226 Dewdney Ave.

Big Chill Friday
The Lanesite, 4529 Gordon Rd.

OSAC SHOWCASE
7-9:30 p.m.
Regina Performing Arts Centre,
1077 Angus St.

High Ridge Road
The Pump, 641 Victoria Ave. E.

Northern, The Band South
O'Hanrahan, 9647 South St.

Funk Cancer with Blue Zone
The Exchange, 2631 18th Ave.

Poor Homeless Bly, Big
The Artful Dodger
6031 18th Ave.

Purlo Trux
The Stb, 306 Albert St.
Saturday, Oct. 19

OSAC SHOWCASE
2-4 p.m., 8-10 p.m.
Regina Performing Arts Centre,
1077 Angus St.

High Ridge Road
The Pump, 641 Victoria Ave. E.

Dance of Life
Regina Symphony Orchestra
8 p.m., Government House
4687 Dewdney Ave.

Seen/Beams Band
McNally's, 2226 Dewdney Ave.

Clint Black

Cosmo Regina Show Lounge
1883 Saskatchewan Dr.

Purlo Trux
The Stb, 306 Albert St.

Kyle Mullins, Michael Feenstock
The Artful Dodger
6031 18th Ave.

The Peanut Butter Groceries, Andy Goodson
The Exchange, 2631 18th Ave.

Sunday, Oct. 20

Dance of Life
Regina Symphony Orchestra
190 a.m., Government House
4687 Dewdney Ave.

Monday, Oct. 21

Monday Night, Jon & Rhian: The Project
Sashwaik
2206 Dewdney Ave.

Oldfolks House, Open Mic Night
The Artful Dodger
6031 18th Ave.

Tuesday, Oct. 22

Jam night
Every Tuesday, 8 p.m.
Rocades, 2047 Park St.

The Harpersmist and the Awe Mustener
The Exchange, 2631 18th Ave.

ART

Andrew Salgado: The Acquiescence
Salgado's paintings explore masculinity and identity through expert, gestural, and usually large-scale figurative images, balancing between realism and abstraction.
Artful Talk, Oct. 17, 7:30 p.m.
Opening Reception: Oct. 22, 7-9 p.m.
Exhibit until Nov. 22.
Art Gallery of Regina, Neil Selkirk Civic Arts Centre
2620 Elphinstone St.

Jeff Aronoff: Through That Which Is Gone
Until Oct. 17
Busap Art Gallery—Shan-

wood Village Branch, 620 Rockdale Blvd.

Zane Wilcox
Until Oct. 19, Mystery Art Gallery,
2796 18th Ave.

Gabriela Garcia-Luna: Getaway Light
The exposure of handheld light seems to slow shutter settings creates photographs imagery that is ghostlike and modern.
Until Oct. 19, State Fine Art Gallery, 2018 Halifax St.

Jenell Macpherson: Denry
Toronto-based artist finds inspiration in her Catholic upbringing and renderings of biblical scenes in oil and past figures.
Until Oct. 19, State Fine Art Gallery, 2018 Halifax St.

How to Make a Monster
Until Oct. 20, Seek Science Centre, 2903 Powerhouse Dr.

Relativism
Until Oct. 25
Hague Gallery Creative City Centre, 1843 Hamilton St.

Zhuo Collective: The Substrata and the Absence
Until Oct. 27
Dunlop Art Gallery—Central Branch, 238-12th Ave.

Black Museum Stories from the RCMP Crime Collection
Inspired by Scotland Yard's notorious Black Museum of British Crime, explore some of the most infamous cases in Canadian crime.
Until Oct. 31, RCMP Heritage Centre, 5907 Dewdney Ave.

U of R Masters of Fine Arts
debuting exhibition
Until Nov. 23, Macdonald Art Gallery, 3475 Albert St.

Greatest Hits: The Juno Years of Canadian Art

What you need to know to plan your week.

Send events to QC@leaderpost.com

Drawing Our Communities Together
UNHS Jan. 9, Mainframe Art Gallery
3475 Albert St.

The Professional Natives Indian Artists Inc.
UNHS Jan. 13, Mainframe Art Gallery
3475 Albert St.

The Artists of South Manitowish Pina Arts
Now exhibitions quarterly
Until July 31, 2014, Regina Centre
Dressing 1621 Albert St.

Amnibola Gallery
236-6 Smith St. Open Tuesday to
Friday 10 a.m.-5:30 p.m., Saturday 10
a.m.-3 p.m.

Housesale
2145 Albert St. Open Tuesday to
Saturday, 10 a.m.-5 p.m.

COMEDY

Combat Improv
Oct. 30, 8 p.m.
The Aristocrat, 2627 13th Ave.

Reins the Wolf
Standup comedy show featuring:
Daniel Kurlidge and Cheryl Mounier;
Bright Eyes Day Music Fundraiser
Oct. 16, 8 p.m., Victoria CMA, 1300
Victoria Ave.

Crab Pappas: Hot and Druncky
Oct. 30, 8 p.m.
Centre Regina Show Lounge
1825 Saskatchewan Dr.

Comedy Outrid
Every Saturday night
Gabor's, 2034 Genshew Ave.

Real Hot Hot
Oct. 20, 9 p.m.
The Aristocrat, 2627 13th Ave.

THEATRE

Hunt Michael: Movements & Gymnastics
Concept: Marie Chouhert production
Oct. 11, 7:30 p.m.
Oct. 30, 1:30 p.m. (Printed Materials)
Movements, only
U of R Kiddell Centre University
Theatre



Coq Reguian with her appearance at the Laura Reguian Show Lounge on Friday November 8.

Teekies... A Pooch Play
Oct. 20, 21
Weekly shows until Dec. 31
Appause dinner theatre, 1875 Broad
St., lower level

SPECIAL EVENTS

Alzheimer Society Fall Gala "A Night To Remember"
Fundraising Gala Dinner with a
Champagne Reception, Silent
Auction, Raffles and Live Auction
featuring entertainment by Memory
Lane

Oct. 17, 5:30 p.m.
Caldine Regina Show Lounge
1825 Saskatchewan Dr.

Black Tie Antique and Collectibles Auction
Presented by Government House
Historical Society/Complimentary
wine and silent donations

Oct. 11, 6-9:30 p.m.
Government House, 4507 Dufferin
Ave. Call at 306-584-9166 or sakaguchi@regina.ca

Science Pub: Nuclear Power—Past, Present & Future
Presented by Dr. Susan Housley,
Dean of the Faculty of Engineering &
Applied Science.
Oct. 11, 7 p.m. (Show opens at 5 p.m.,
but wheelchair Accessible from 2:00
Dinner only)

Regina Wine & Spirits Gala
Oct. 17 and 18, 5-10 p.m.
Cinema Arts Centre, 200 Lakeshore
Dr.

Regina Fall Home Show
Oct. 18, 10 a.m.-7 p.m.
Oct. 30, 10 a.m.-3 p.m.

Agriation Building, Expo Place

Harvest of Art Show & Sale
October 11, 19 & 20, 2013
Royal Executive Hotel, 4223 Albert
St. 5

Regina Pet vs. Medicine Hat
Oct. 16, 7 p.m.
Aristocrat Centre, Expo Place

Women's hockey
U of R vs. UBC
Oct. 18, 7 p.m., The Coopers
Centre, Expo Place

Regina Golf Club Fall Show
Oct. 18, 10 a.m.-5:30 p.m.
Oct. 20, 10 a.m.-4 p.m.
Turkey Centre, Armour Road

Women's soccer
U of R vs. UNBC
Oct. 18, noon, U of R Field

Fashion Show and Quiche Lunch
featuring fashions by Suzanne's
Oct. 18, 10:15 p.m.
Call 306-789-0231 for tickets.
St. Matthew's Anglican Church, 2161
Winnipeg St.

Big as Birds
Oct. 18, 2-5:45 p.m.
Listen to ball stories and songs, create
a ball with
Central Library 3241 13th Ave.

Saskatchewan Roughriders vs. B.C. Lions
Saturday, Oct. 19, 5 p.m.
Mosaic Stadium

Women's hockey
U of R vs. UBC
Oct. 18, 7 p.m., The Coopers
Centre, Expo Place

Harvest Tea
Oct. 20, 12:30-4:30 p.m. (Horty Art
Show) Regina Show Conservatory,
15503 Ave. Ave. Tickets are \$6 and
must be purchased in advance.

The Vertigo Series
Featuring Susan Andrews Greco,
Anne Campbell, Gerald Hill, and
music by Rob Young & Patrick Andrews
Oct. 31, 7:30 p.m.

Drive 1925 Victoria Ave.

**2014 Elite Men's and Women's Ce-
lebration Boxing Championships**
Oct. 22-28
Ottawa Centre, 6400 4th Ave.

Men's basketball
U of R vs. Wilfrid Laurier University,
Oct. 22, 7 p.m.
U of R Centre for Kinesiology, Health
and Sport

NEW MOVIES

Gentle Horror
Gentle White (Chad Gross Moretti)
is an outcast among her high school
peers due to her mother's (Julianne
Moore) extreme religious beliefs.
Upon discovering telekinetic abil-
ities, she was powerless to stage
revenge against her tormentors at
the senior prom. A remake of the
1975 movie starring Sissy Spacek.
Based on the Stephen King novel of
the same name.

Escape Plan
Thriller
Ray Breslin (Sylvester Stallone),
the world's foremost authority on
structural security, agrees to a
last job: breaking out of an ultra-
secure, high-tech facility called
"The Tower" that when he is wrongly
imprisoned, he must recruit fellow
inmate Eric Holtzman (Arnold
Schwarzenegger) to help devise a
 daring plan to escape.

Galaxy Ghettos
420 McCreary Blvd. N.
306-524-9098

Clayton Odson
Southland Mail Cinema
3025 Gordon St., 306-883-3303

Regina Public Library Theatre
2311 13th Ave., 306-777-6104

Kinematix
2503 Powerhouse Dr.
306-522-6239

Dalhousie Cinema
Golden Mile Shopping Centre
3806 Albert St., 306-559-5250

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email QC@leaderpost.com

SASKATCHEWAN'S BEST SPACES

Ad agency promotes creativity in Adilman Building

By Angelina Irimos

WHY? Michelle Nelson, president of advertising agency Tap Communications and State Development.

WHERE? On the second floor of the Adilman building on the corner of 20th Street East and Avenue 8 in Saskatoon's Riverdale neighbourhood.

WHEN? Nelson first looked at the building in July of 2012 and spent a 10-year lease period on the space in December. The agency moved in as the first tenants on June 1, 2013. They are still unpacking a few boxes and getting set up. Tap Communications is the only tenant right now but others will be occupying the main floor later this year. When Nelson first looked at the building, it was very raw — no windows, no lights, just beams and lots of open space.

WHAT? The historic Adilman building, which was built in 1912 and was home to Adilman's Department Store. Since the store's closure in 1994, the building held an antique shop, farmers' market and a bingo hall. It was fairly empty in recent years before Tap Communications took over in 2013.

The 2,800-square-foot office has white walls, ceilings and exposed piping, giving the space a softer feel. There is a variety of walls and light in the office and, aside from the piping, the small glass brick windows are the only remnants left of the original building. All new phones, furniture and computers were purchased. The space is modern and mixing with vintage and practical details throughout like laptop racks and hidden coat hooks.

WHY? Nelson kept a few things in mind while planning the renovations: practicality, open space, creativity and a happy work life. It all helps to create an enjoyable work environment that sparks creativity — Nelson's biggest goal in renovating the space.



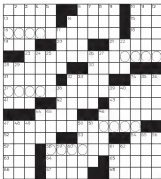
QC PHOTOS BY MICHELLE REED

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 "Garden of Eden"
 10 First season in "The Big Bang"
 12 "That's _____"
 14 Make a point, perhaps
 15 Word before clap or dance
 16 Endowment
 18 Wife and ... (comic)
 19 Homer (fill, always outside)
 20 Harvest Plots
 21 Number of characters, dramatic, living
 22 Birth place
 26 _____ Place
 27 Five ticket
 31 Rusty dragons
 32 Rock & planet
 34 It may be attainable, a worldwide label
 37 Life-size horses of clay
 40 Start to sneeze?
 42 Some are liberal
 43 Democratic
 44 Resident of Fiji
 46 Card knock



DOWN

- 1 _____ Affix
 3 Power plant, Idaho
 5 "Independence Day"
 7 Little
 10 Lined up by emotion
 12 Rusty old the pyromaniac on the back of a golf ball
 14 Corrosive _____
 15 Global brand
 16 The Ayatollah's title
 17 E.F.
 18 "Catch a _____" The Color Heists' album
 21 Local emeraldstone
 22 Fresh brew?
 24 Just slightly
 25 Final, dramatic and _____ setting
 26 Home in U.S.
 27 Baby powder, expensive
 28 C.P.
 29 Touchdown data, for short
 30 Iron season
 31 La France hit
 32 Splits the tab
 33 When reported, stadium stuff
 34 Circular, usually
 36 Part of a stable set
 37 High hairstyle

PHOTO BY MICHAEL GOODMAN

- 40 Lord
 42 The Eagle that landed
 43 Pupa into law
 44 You'd open?
 47 Selling stand
 48 They can't resist
 49 Brand? 1962
 50 Near noisy badlands, are still
 51 Santa's alternate
 52 Usually, perhaps
 54 Expressions
 56 Shrine, for one
 60 Sen. S. Dwyer
 61 Sauguer to the woods?
 62 Color check

#JANRIC CLASSIC SUDOKU

Level: Silver

Fill in the blank only using numbers 1-9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 27

THE COPPER KETTLE
BEST BUSINESS
SPECIAL OCCASION
DATE NIGHT

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LEADERPOST
WHAT WOULD YOU DO WITH \$100,000?

ASK ELLIE

Separation anxiety cause of couple's breakup

Q: I'm a college freshman, and have dated my high school boyfriend for four years, since starting high school.

Our relationship is 100 per cent emotional — none — because I want to wait until marriage. We're both virgins and respected each other.

We got along with each other's families. We were inseparable, best friends. We planned to stay together during college, though he's two hours away while any community college is in country.

On our last night together we both cried and laughed. He said he'd miss me more than anything, he'd be homesick very soon, and I'd visit him a lot too.

Six days into our first week apart, he calls and we're both saying that we love each other so much that distance means nothing.

A half-hour into this call, he's saying he just doesn't know about distance; the week was way too hard being away from me. He was hysterically crying and saying he didn't want to do this but he broke up with me.

Ask Ellie



He texted afterward saying he still loves me and it hurts him to let me go. A week later we're texting and calling no friends.

Everyone's saying I should be angry with him, or just give up. But I can't. I know there's no other guy, he still loves me.

We said maybe during Christmas break we could see how he's feeling about it then.

I won't give up on him unless all hope runs out. I'm just wondering, but why can't we give distance a try? What do I do?

Numbered in New York

A: Happening so early in the separation, this isn't about him not loving

you. It's about the emotional wrench from the security of your close, in recent relationship, and suddenly plunging into the confusion of class, ex, strangers, school, and social pressures, all while living on a new place.

Maybe, he needs your support. If he cries "beyondedly" again, tell him not to focus on the distance, you're only a text or call away, but if he's overwhelmed by all that's going on, he should seek Student Services for a talk. They're experienced with the pressures on new students.

When he settles into school, ask if you can visit. If not, he'll probably be home for Thanksgiving. Talk about his adjustment, then. Once he's feeling better about himself, you can ask if he still feels committed to you.

Q: My husband's parents exert heavy influence on him, through their religion, culture and family "traditions." It seems there's never a weekend we can be so our own or go away.

How often we can't even see a movie because of something he MUST do

to keep them from accusing him of neglect.

I want him to set some boundaries about "our time" but he won't be says I'll offend them.

Pod Tip-Die.

A: They're all offending you by treating you as less important than them. That's not fair for ALL the relationship involved here.

Tell him that a couple must be the prime "family" with enough time on their own to feel connected and share private moments.

He needs to ease his parents off the role of extended family which seems sound in law for time, across there's an emergency or illness that requires extra attention.

A daily phone call or email is more than enough communication between the generations — but it can also be too much.

When the parents are easy to be with and understanding, you can have a great network. But when they're too intrusive — resentment builds, which can harm the marriage.

Q: I've left my job and I need your column daily. I won't get my dream job which is helping people like giving them advice. People always said that I'm good at giving advice and I love it, too.

Do you have any tips or things you could suggest for me to develop?

Curious Reader

A: Giving advice comes with a lot of responsibility... For example to have some life experience your self so you're not just talking about advice to do research on the kinds of issues presented in the advice forum, you operate in and to build a body of knowledge and attitudes that form a consistent approach to life's problems.

Like any other job, it needs some background. The honest mentioned your education, but courses in social work, counseling, or other "helping" fields lead in the advice-giving direction.

Then you need a forum — a blog, newspaper, radio show etc. Good luck!

Next week in QC

Saskatoon nurse Sara Agah found true love with roots rocker Michael Franti at a Regina concert

Best Of OUTSIDE THE LINES

Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to art@leleaderpost.com by 9 a.m. Monday. One winner will be chosen each week.

Please send high-resolution pictures and include the child's name and contact information.

Last week's QC colouring contest winner was **Kate Perrell**. Congratulations! Thanks to all for your colourful submissions. Try again this week!





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ON THE SCENE

Check out more On the Scene photos
at [Facebook.com/QCRegina](https://www.facebook.com/QCRegina).

#DIVAS' NIGHT OUT



ON THE SCENE

Grey Cup is just five weeks away! Send us your best fan photos for something special we're working on.

QC@leaderpost.com

#DIVAS' NIGHT OUT



There were lots of laughs at the Casino Regina Show Lounge on Oct. 8 during Divas' Night Out. The fundraiser evening featured two of Canada's funniest women comedians, Kristin Lloyd and Christine Zephalak. Emceed by musician Manny Duncan, Cary the 10th annual Divas' Night Out also featured silent auction, hors d'oeuvres and champagne. The 475 women in attendance helped raise almost \$13,000 for two local women's shelters, Transition House and Sallie Krawcheck-Spencer.

1. Paulette Riskey, one of the original organizers of the event and Janice Gooding
2. Sharon McQuinn and Danielle Denno
3. Kristin Lloyd and Christine Zephalak
4. Christine Zephalak and Carol Nelson
5. Melissa Zaccari-Mayer and Anna Zaccari
6. MC Merry Duncan-Cory
7. Guest organizers Pat Probyn (Barbie Smith) and Judy Hine
8. Shirley Jacobs, Denise Tangeloff, Marie Lou Ackerman, Crystal Springmiller and Sheila Anderson

QC PHOTOS BY BRYAN SCHLESZKE

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SHARP EATS

SASKATCHEWAN FOOD SCENE

Is chocolate ever just chocolate?

By Jenn Sharp

"Chocolate equals sex," Jenn Sharp *

A male friend said this to me recently while we sampled treats from the Saskatoon Inn Garden Cafe and Lounger's newly minted chocolate buffet.

Does it really? I suppose I've read that a certain percentage of women would rather eat chocolate than have sex (maybe they need to find a new partner). But when a man says you or things you're chocolate, is there an unspoken meaning in the message?

Chocolate body paint aside, chocolate means chocolate — there's no way that for some, chocolate is never just chocolate. For men, it's a winning technique. For women, it just makes all of life's little challenges that much easier to forget about. Had a bad day? A truffle will fix that!

That's why I brought a man to the chocolate buffet I know how women feel about chocolate (we'll take it any time, anywhere) but how do men feel?

My partner utters that night was stagnant in his explanation.

"Men have their walk up all the time," he told me. "Chocolate is some thing we can be honest about and say we love."

However, the vast choices on the buffet arranged by Chef Lee were too much for my friend. Two fruit tarts — one for white, one for milk chocolate — were flanked by over-flavoured bowls of fresh fruit. Otherwise, the white chocolate is infused with (yep, berries). Staff glasses were full of multi-layered mousses, poached pears topped a tart, truffles sat proudly on silver dusted plates and macarons imported from France lined a silver serving stand.

"Men are such simple people," he said. "We're happy with one or two options. We don't need a whole buffet."

Never one to complain, I was in heaven and wanted to try one of everything.

The chef's pastry chef, Vren Lam,



The vast chocolate buffet at the Saskatoon Inn garden cafe in Saskatoon.

who has worked there for 13 years, prepares about half of the delicious offerings, the rest are sourced elsewhere. Fridays are the only night to indulge in the buffet. A jazz duo or piano entertainers and the wine list even features chocolate pairings.

The Garden Cafe has been re-opening its doors as of late. To match the European courtyard feel, executive chef Doug Wyndolish has brought in a chalkboard menu featuring local, seasonal ingredients. During our visit, house-made pomegranate and a rack of venison was on the board.

Wyndolish will launch a new menu shortly, one that reflects his food lover's first Nelson background. Look for dishes like elk chili and bison steaks.

While the chocolate buffet has definitely successfully lured me to its one of the few in the country, there's another delicious option for chocolate lovers in the Queen City. Chocolates by Bernard Calabrese offers two types of truffle parties, one in its Balmmain Street shop and one at your workplace. (The evening parties in their shop are currently booked for the rest of 2013.)

"The deal is you get a group of 10 people together and for \$500 you get 10 very individual samples while learning how to make truffles. Here's the fun part:

"You enter the chocolate shop then the door is locked. You are trapped in a chocolate shop until all the samples," states Bernard Calabrese's



website: SIGNMEUP.COM

At the end of the 10 minutes, you get a hefty full of chocolate and a bag of truffles to take home.

If you've ever attended one of these parties, I'd love to hear about it

(or be inspired)

To book a truffle party, email chocolatesbybernard@gmail.com or call 306-536-3393. For chocolate buffet reservations, call 306-668-9501. The buffet is \$125.00 or \$15.00 with a meal.

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